

# FAMILY CAREGIVER PROGRAM

## PROGRAM DEFINITION

Family Caregivers provide almost 80% of all care needed by frail elderly relatives. In addition, there is a growing population of grandparents and other relatives raising grand or great grandchildren. Both types of caregivers have special needs, and if not met caregivers risk stress and strain, poor health, and even death.

The National Family Caregiver Support Act (NFSCA) was enacted by Congress to provide support to family and relative caregivers. With support from the California Department of Aging, Los Angeles County Area Agency on Aging has developed and integrated the Family Caregiver Support Program to provide the following:

- ✓ Information to caregivers about available services.
- ✓ Assistance to caregivers in gaining access to the services.
- ✓ Caregiver Support such as Counseling, Support Groups, and Training.
- ✓ Respite care to enable caregivers to be temporarily relieved from their care giving responsibilities.

## TYPES OF FAMILY CAREGIVER SERVICES AVAILABLE

**Community Education** – Educational presentations to groups of caregivers (and potential caregivers, family, and friends of caregivers) about available services.

**Caregiver Training** – Conduct training workshops and conferences that provide family caregivers with the tools to increase their self-care and their ability and confidence to handle difficult situations, emotions, and decisions.

**Support Groups** – A group of three to twelve caregivers led by a competent facilitator, having the purpose of providing the caregivers with a forum to exchange “histories,” information, encouragement, hope and support.

**Respite** – Permits caregivers to have a break from daily caregiving needs by placing a professional caregiver in the home of the care-receiver while the caregiver goes out for a while.

## CLIENT ELIGIBILITY CRITERIA

**Family Caregivers** – An adult family member, or another individual, who cares for an older person aged 60 or older who is “Frail.”

**Relative Caregivers** – An older adult family member that informally cares for a younger child.

## FUNDING

This program is funded by the Older Americans Act Title III-E Family Caregiver Program.

## FOR FURTHER INFORMATION

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